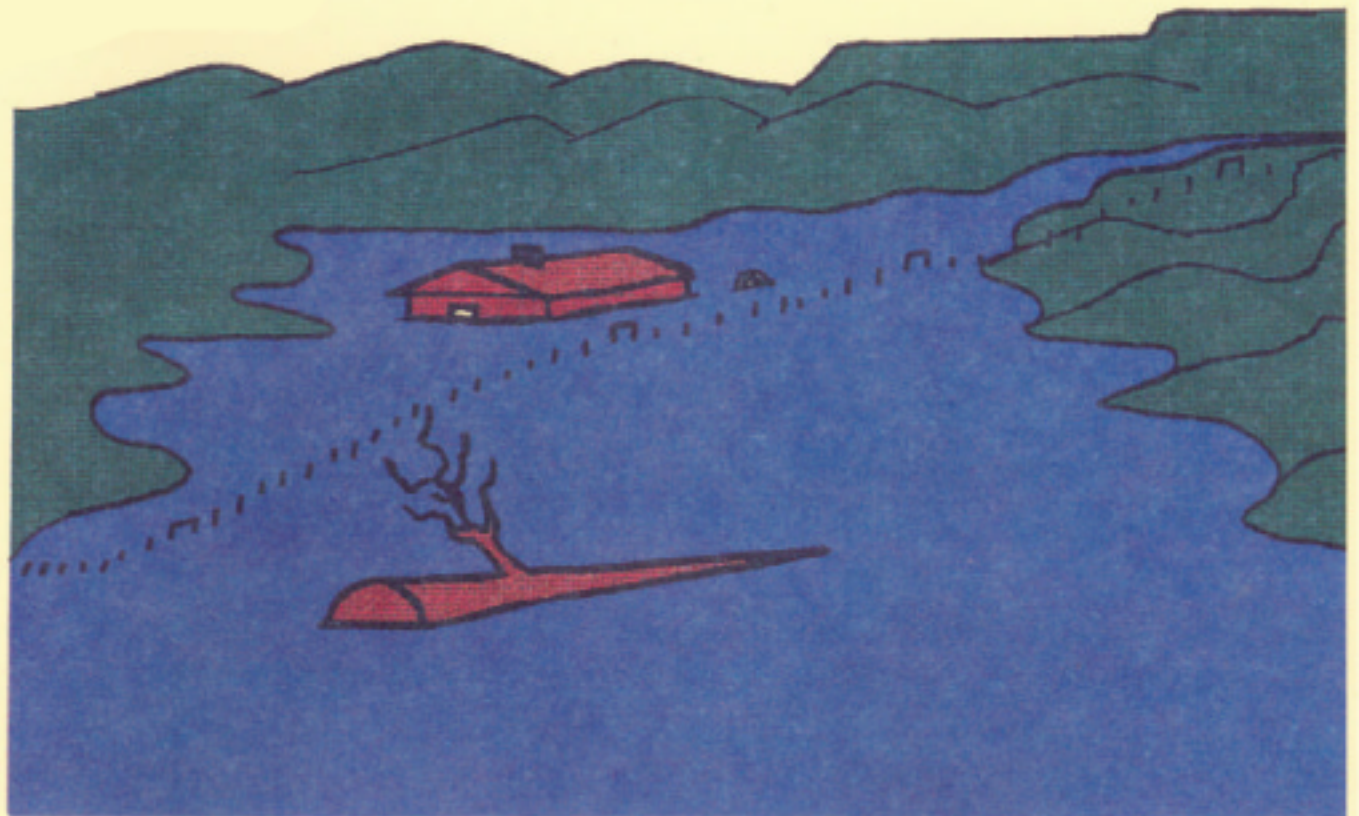


# Mni Hiyaaye Oyasin

All About Floods





the university of south dakota.

---

DISASTER MENTAL HEALTH INSTITUTE

**DMHI**

## **Mni Hiyaye Oyasin: All About Floods**

©1994, Disaster Mental Health Institute at the University of South Dakota

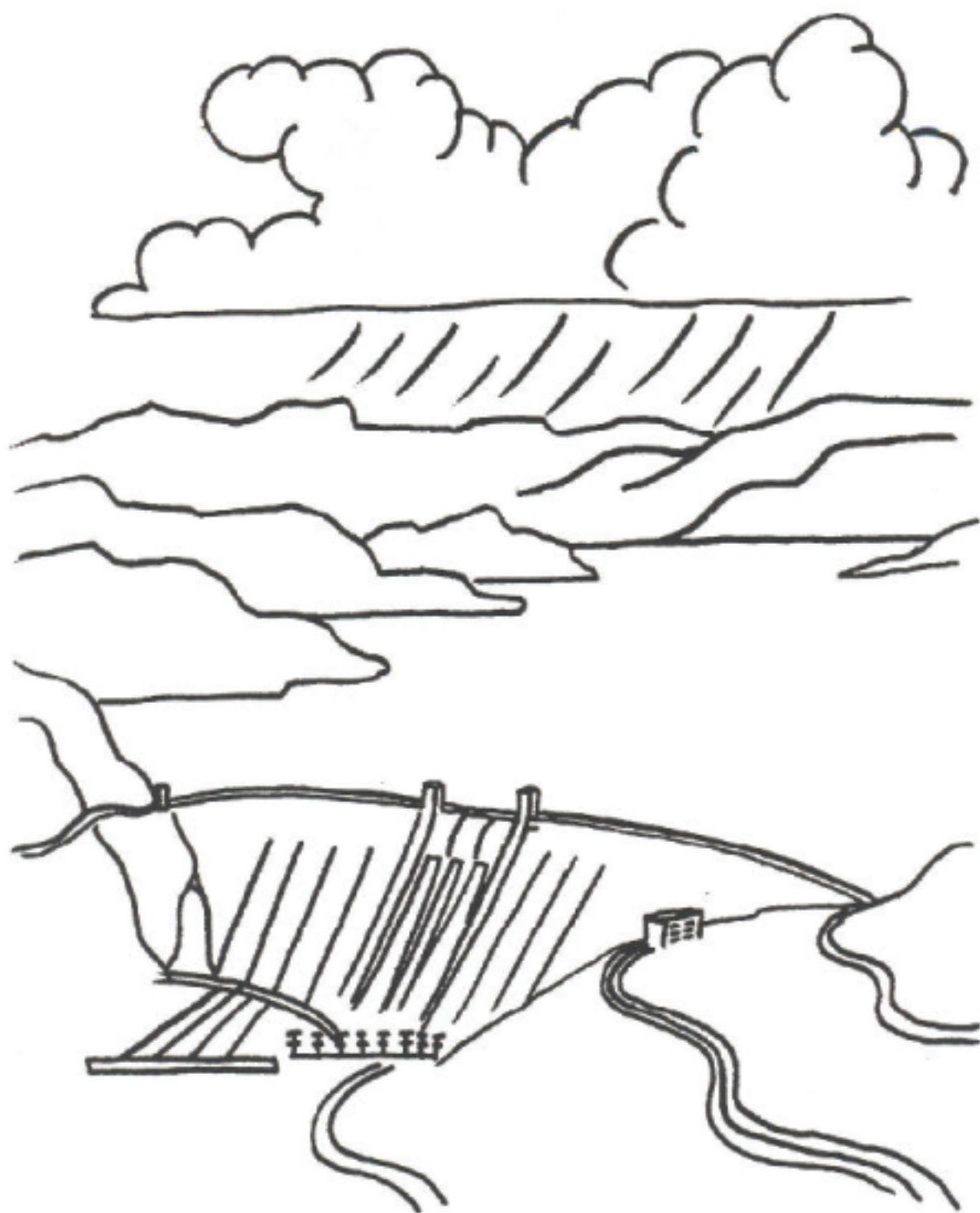
This book was produced by the Disaster Mental Health Institute (DMHI) at the University of South Dakota. Permission to reproduce this book in its entirety is hereby granted and encouraged. It was drawn and adapted by Jerome Kills Small from *My Flood Book*. The DMHI is grateful to Deborah DeWolfe for permission to adapt this book from *My Flood Book*.

Funding for this booklet was provided through a private grant for children's services to the Disaster Mental Health Institute at the University of South Dakota.

*My Flood Book* was produced by Deborah DeWolfe, Ph.D., M.S.P.H., Holly Williams, M.A., and Dana Webb

---

***Founded in 1993; A South Dakota Board of Regents Center of Excellence Since 1997***



Raindrops are starting to fall. It's raining very hard.  
*Mni hinhe. Lila mağaju.*



**Thunderstorms come. Waters begin to rise.**  
*Wakinyan agli. Mni wankal a'u.*



The streams, rivers, and lakes get bigger and bigger. Here's why.  
*Mničika, mnitanka, nahan bleki tankinkinya aye. Leča un.*



log jams  
*can okiwote*



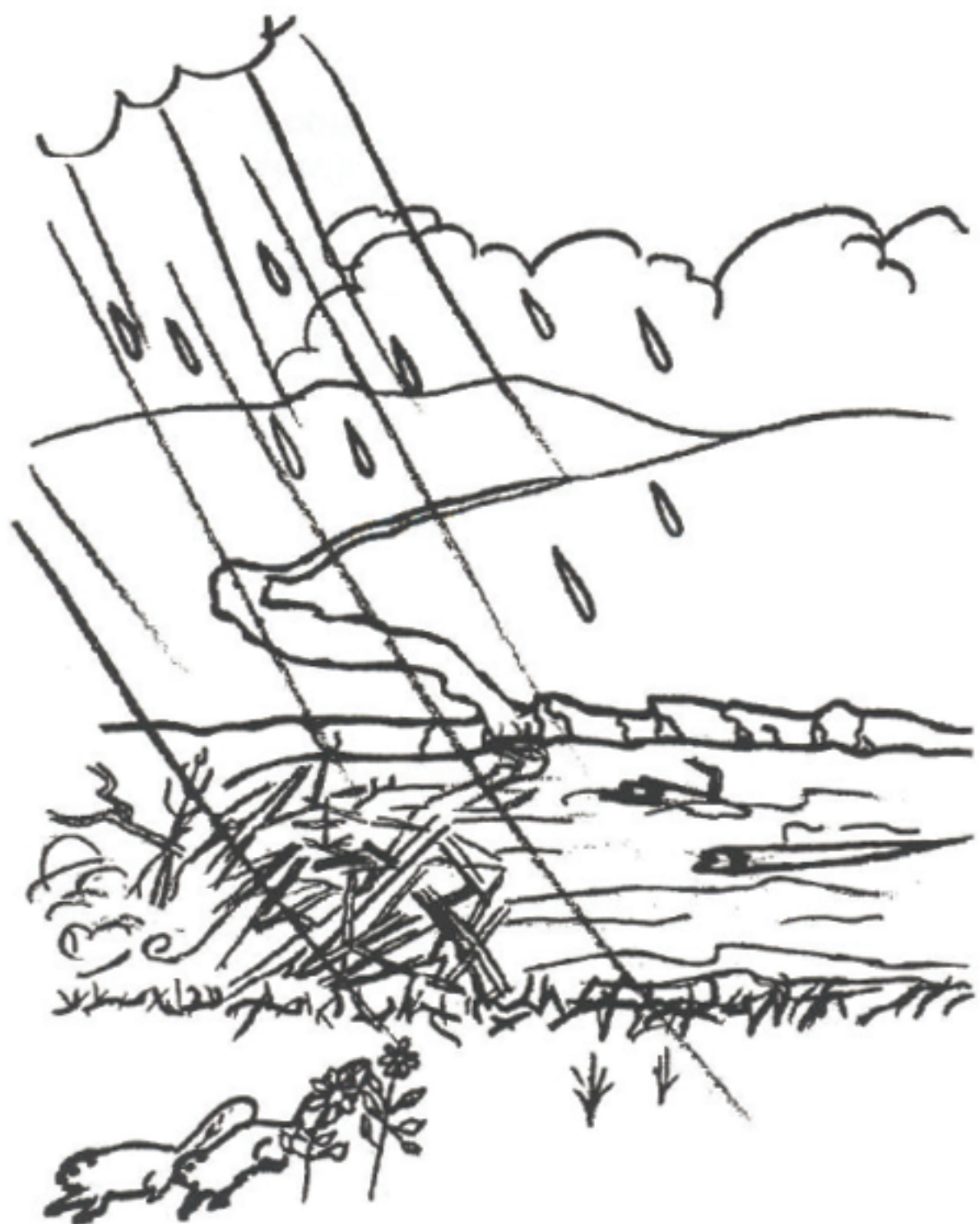
soil deposits  
*maka okiwote*



broken dikes  
*mni našpe*

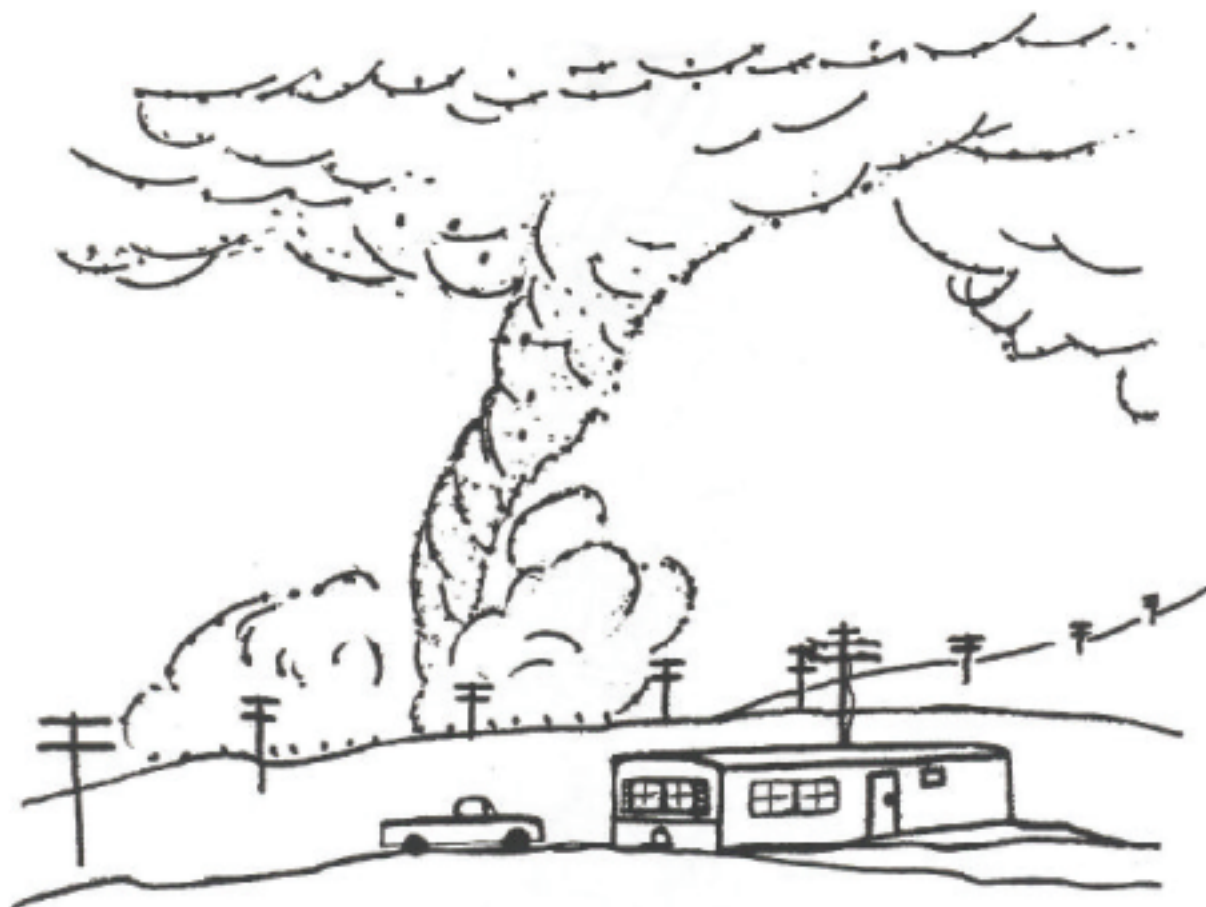
The river banks are not high enough to hold all the water.  
*Mni aglagla ki hena wankatuya sni ʔa mni ki iyuha oyuspa okihisni.*





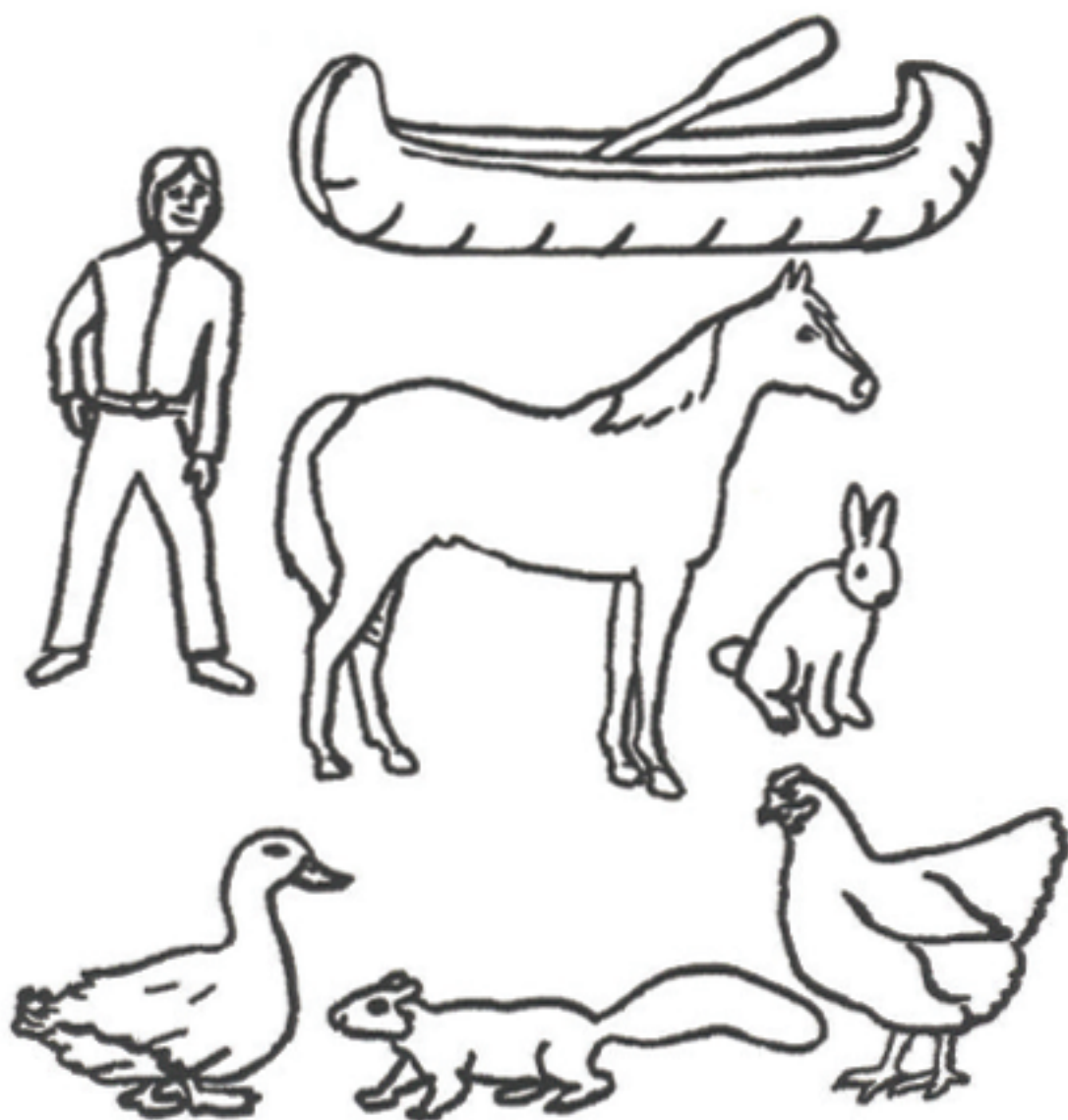
The river overflows, like spilling over a beaver dam.  
*Mni wakatuya hiyaye, capa tipiki iyakap iyaye.*

**Storms can also bring tornadoes.**  
*Ošiceča canna nankun wamniomniye a'u okihi.*



**Color the tornado, clouds, and dust black.**  
*Wamniomniye, mahipiya nahan maka woblu hena sabya p'o.*

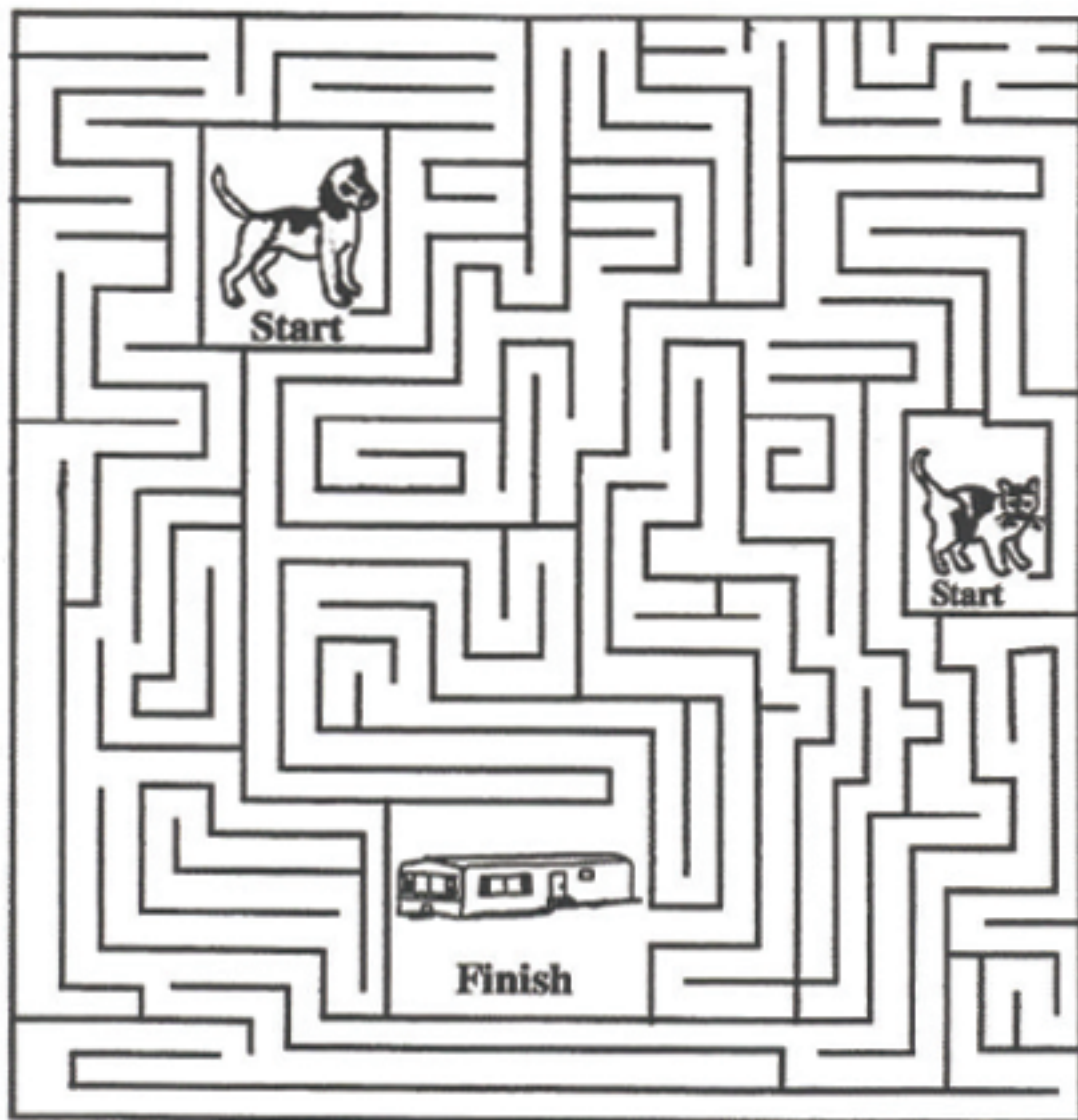




Most pets can swim, but they sometimes get lost.  
*Wamakan škan tawapi ki nuwan okihipi,  
ayes watohan šna nunipi.*



Help the cat and dog find their home.  
*Šunka na igmu ki ti iyekiya owica kiya pe!*









Cut out for telling a story.  
*Wicoyakin kta un lena yuksa po.*





**Everyone must be warned before a storm.**  
*Osiceca sni hani tuweke eyaś wakta kiciyapi.*

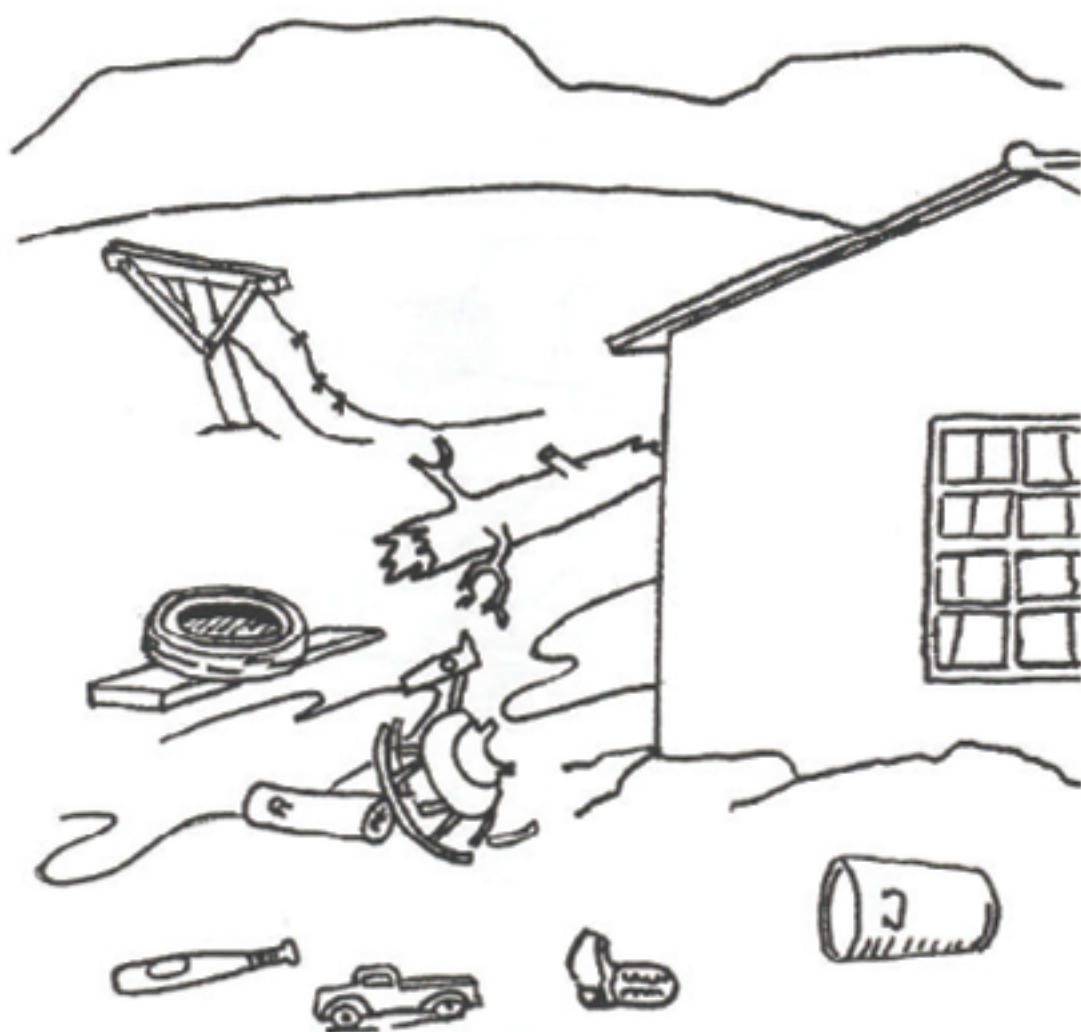


**Tell a story.**  
***Wicoyakapo.***

*Wicoyakin kta un lena yuksa po.*







The water is going down. Now everything is muddy. What a mess!  
*Mniki hokul aye. Taku ke ayeš filiŋlila. Iyoblel ya!*

No one can find their things.  
*Tuweni takuni iyekiyapi okihipi sni.*



Return the things in the middle column to the  
ones who have lost them by drawing a line.  
*Wicazo wanji un cokata taku yanke ki hena  
tawapi ki iyekiye wicakiya po.*



Everyone is very busy.  
*Lila wicoŝkinčiye.*



**Everyone is very busy indoors also.**  
*Tipi tima nankun lila wičoskiŋciye.*



What if there is a storm again?

*Ake ošičeča ki toka ktahe?*





**Let's make a list of things we might need.**  
***Taku ilagya unyapi kte nena unkogwapikte.***

- |   |                                |
|---|--------------------------------|
| <input type="checkbox"/> <b>First aid kit</b> | <b><i>Wapiya Opiye</i></b>     |
| <input type="checkbox"/> <b>Flashlight</b>    | <b><i>Pailepi</i></b>          |
| <input type="checkbox"/> <b>Fresh water</b>   | <b><i>Mniteca</i></b>          |
| <input type="checkbox"/> <b>Extra food</b>    | <b><i>Woyute akabya</i></b>    |
| <input type="checkbox"/> <b>Warm clothes</b>  | <b><i>Hayapi ocosye</i></b>    |
| <input type="checkbox"/> <b>Other things</b>  | <b><i>Akab taku šnišni</i></b> |

Where can we put our favorite things  
so they will be safe?

*Tuktel taku teunhilapiki hena e'unkignaka  
piki toka kte sni he?*



- ☐ Under the bed?  
*Oyunke hoilate?*
- ☐ In the refrigerator?  
*Wisniye mahel?*
- ☐ On the top shelf of the bookcase?  
*Wowapi ognake ki akatanhan?*



- ☐ In the zoo?  
*Wamakaskan wicikciqlepi ekta?*
- ☐ Under the hood of the truck?  
*Watoksu iyeciyanka iyankeki imahel?*
- ☐ At the top of the closet?  
*Hayapi iyotkeye itimahe?*



- ☐ Behind the car?  
*Iyecinkaiyanke ki ilazatahan?*
- ☐ Under my pillow?  
*Impahi mitawaki ihoilate?*
- ☐ In the attic?  
*Tiče mahel?*



The sun is coming out.  
*Wi hinape.*



the university of south dakota.

---

DISASTER MENTAL HEALTH INSTITUTE

**DMHI**

## **COPING WITH THE AFTERMATH OF A FLOOD OR STORM**

People have lost loved ones, and many more members of the community have shared their sense of loss and the shock that resulted from this event.

Some people may be living in very difficult circumstances. This disruption and dislocation only adds to the stress of the loss and the floods or storms themselves. Your future may be uncertain, you may have financial concerns and feel that things will never be “normal” again.

You are living through experiences that are emotionally traumatic. They would challenge anyone's ability to cope. As the recovery from these events continues, the experience will challenge even more everyone's coping skills and emotions.

Below are some reactions common to people who experience traumatic stress. Although these thoughts, feelings, and actions can be very upsetting, it is important to remember that they are common reactions to an extraordinary and very stressful situation.

### **Thoughts**

- Recurring dreams or nightmares about the event and its aftermath.
- Reconstructing in your mind the events surrounding the event itself or the damage, in an effort to make it come out differently.
- Difficulty concentrating or remembering things.
- Questioning your spiritual or religious beliefs.
- Repeated thoughts or memories of loved ones that have died, or of the event itself or the damage which are hard to stop.

### **Feelings**

- Feeling numb, withdrawn, or disconnected.
- Feeling frightened or anxious when things like the sound of a heavy truck or particular smells remind you of the event.
- Feeling a lack of involvement or enjoyment in everyday activities.
- Feeling depressed, blue, or down much of the time.
- Feeling bursts of anger, or intense irritability.
- Feeling a sense of emptiness or hopelessness about the future.

### **Behaviors**

- Being overprotective of your own and your family's safety.
- Isolating yourself from others.
- Becoming very alert at times, and startling easily.
- Having problems getting to sleep or staying asleep.

***Founded in 1993; A South Dakota Board of Regents Center of Excellence Since 1997***

- Avoiding activities that remind you of the event itself or the damage; avoiding places or people that bring back memories.
- Having increased conflict with family members.
- Keeping excessively busy to avoid thinking about the event and what has happened to you.
- Being tearful or crying for no apparent reason

**Physical Reactions** (If you have any concerns about your physical reactions, please consult with your physician.)

- Stomach upset, nausea
- Diarrhea, intestinal cramps
- Elevated heart rate
- Elevated blood pressure
- Elevated blood sugar

### **Coping**

Healing and recovering from the emotional effects of the event will take a long time. When you can, allow yourself to feel sadness and grief over what has happened. Talking to others about how you are feeling is important.

Try to keep in place family routines such as regular meal times and other family rituals. These will help you to feel as though your life has some sense of order.

Upsetting times can cause people to drink alcohol or to use drugs in a way that causes other problems. Try to cope with your stress without increasing your use of alcohol and drugs. Alcohol and drugs won't help in the long run.

Healthy practices such as eating well and getting enough sleep are especially important in times of high stress.

Forgive yourself and others when you act out because you are stressed. This is a difficult time, and everyone's emotions are closer to the surface. But also be certain that your stress does not become an excuse for child abuse or spouse abuse.

Don't let yourself become isolated. Maintain connections with your community friends, relatives, neighbors, co-workers, or church members. Talk about your experiences with them.

### **When to Seek Support from a Mental Health Professional**

A few general guidelines may be useful in deciding when normal reactions to traumatic events become problems requiring assistance:

1. when disturbing behaviors or emotions last more than six to eight weeks;
2. when a person's behaviors or emotions make it difficult to function normally (including functioning at work, in the family, or at school); or
3. anytime an individual feels unstable or concerned about his or her behaviors or emotions.



